Back2Life Information & User Manual

BACK 2 LIFE®

12 Minute Back Pain Solution

Lie Back and Relax, and Let the Back2Life Release the Pressure to Relieve the Pain

Congratulations On Your Purchase!

In my practice, I do everything I can to treat back pain naturally. I prescribe pain pills only as a last resort. So, after spending years looking for a REAL solution to constant back pain, I was introduced to the Back2Life machine. I was so excited when I heard about the Back2Life. It was the first machine I'd ever seen that treated lower back pain and discomfort with **Continuous Passive Motion**, a highly effective treatment that uses minimal, gentle, rhythmic movements to flex the spine.

When your back hurts and goes into what we call "spasm," the best way to reverse it is to get the back moving again and restore flexibility. But anyone who's had back pain knows, **the last thing you want to do when your back is in pain is to move it around a lot**. Tight muscles don't like to be pushed, pulled and stretched -- it hurts! This has always made it very difficult for me to get my patients to do the pressure releasing exercises and stretches they need to do to feel relief... because you cannot experience lasting relief until you release the pressure! We call this the **Cycle of Pain**.

That is why the Back2Life solution is so revolutionary… it does all the work! The gentle, rhythmic, back-and-forth/side-to-side motion eases the pressure out from between the vertebrae. Without any kneading and pulling – without any painful stretches and exercises.

With Back2Life, **just lie back and relax for a 12 minute session** and slowly, gently over time - you release the pressure and relieve the pain. This relief can happen after a day, a week…a month. It all depends on the individual and the amount of pressure that has built up in the vertebrae.

Dr. Marc Darrow is a Board Certified Physiatrist specializing in Physical Medicine and Rehabilitation.

Dr. Marc Darrow
MD, JD

BACK 2 LIFE®

Your 12 Minute Back Pain Solution

Back2Life creates a gentle, repetitive circular motion of the pelvis called **Continuous Passive Motion**. In most cases, **Continuous Passive Motion** can help reduce the sensation of stress and pressure in the lower back area, which helps to restore flexibility, improve mobility and reduce pain… starting from the very first session!

However, we urge you to be patient. Do not expect an instant miracle or immediate results. Back2Life therapy is a cumulative process whose effects will be felt gradually, much like those of traditional physiotherapy or massage therapy. How long this process will take depends on the severity of your back pain and how much pressure has built up between your vertebrae.

We hope you find the Back2Life a helpful and pleasant experience.

The Back2Life Team

Tired of Constant or Recurring Back Pain Slowing You Down?

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How Does Back2Life Work?

Your 12 Minute Back Pain Solution

The Back2Life machine uses a revolutionary technique called ***Continuous Passive Motion.*** The slow, rhythmic movement loosens tight muscles and releases the pressure between the vertebrae. To naturally ease lower back pain:

- **Without aggressive pulling and kneading!**
- **Without painful exercises and stretches!**
- **Without expensive trips to the back pain specialist!**

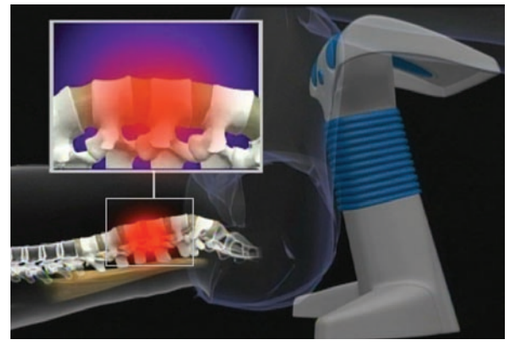
Continuous Passive Motion

What Is Continuous Passive Motion?

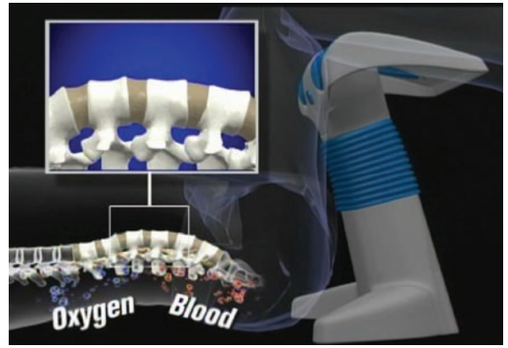
Continuous Passive Motion is a rehabilitation technique that, when done correctly, can bring incredible results.

Ordinary stretching or traction simply stretches out your muscles, then lets them contract once more. **Continuous Passive Motion** actually kneads the muscles back and forth - loosening them and restoring flexibility to the muscles. It also releases the tension by gently massaging your back which opens up the spaces between the vertebrae to relieve nerve impingement so your muscles aren't spasmed anymore and your vertebrae are no longer squeezing together and pinching nerves.

YOU RELEASE THE PRESSURE TO RELIEVE THE PAIN; that is the key to long lasting back relief. The Back2Life will assist you to have flexible muscles and position your vertebrae in proper anatomical alignment, but remember that this is passive movement - **you don't have to do anything!** This gentle motion is designed to get you results gradually, safely and easily.



Tight, spasmed muscles

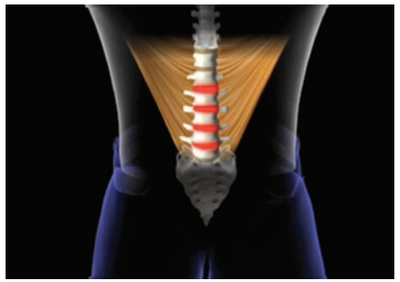


Back2Life Releases the Pressure to Relieve the Pain.

Back2Life Does All The Work!

In just two 12 minute sessions a day! Simply lie back and let the Back2Life do all of the work. In fact, the more you relax…the better your results! Let the slow, rhythmic movement of the Back2Life gently release the pressure between your vertebrae to relieve the pain. How long this process takes depends on the severity of your back pain, **so keep with the program… it works!!**

Will Back2Life Help Treat My Condition?



Back2Life Releases the Pressure to Relieve the Pain!

The Top 6 Types of Back Pain

There are many different types of back pain that you may have, and a few that you may not understand. Some of the most common are:

1. Muscle Spasm
2. Trigger Points
3. Ligament Sprains
4. Osteoarthritis
5. Herniated Discs
6. Spinal Stenosis

Muscle Spasm
Muscle spasm occurs very simply from any strain on the back muscles. It can occur from just about any activity. Sometimes, it can be from bending over; sometimes from lifting objects; and even from "sleeping wrong."

Trigger Points
Trigger points are spots in the muscle that can actually refer pain to other parts in the body. When we press these spots in the back, we may feel pain in that area, or down our legs or into our feet.

Ligament Sprains
Ligaments are connections between bones of dense, fibrous tissue. When a ligament is strained in the back, you may feel pain in the back, and this may also refer pain down the legs or into the feet.

Osteoarthritis
Osteoarthritis is extremely common, and it may refer to a breakdown in bone or cartilage in the joints of the back. This process can generate pain in the back, or even refer the pain into the buttocks and down the legs.

Herniated Discs
Discs are fibrous tissue that cushion the vertebrae for fluid motion of the back. When a disc breaks down, it may protrude and press on nerves coming from the spinal cord and going down the legs.

Spinal Stenosis
And finally, stenosis means a compromise of the vertebral canal through which the spinal cord and nerves traverse. And this can also cause pain in the back and down the legs.

If you suffer from Osteoarthritis, Herniated Discs, Spinal Stenosis or other similar conditions consult with your physician before using the Back2Life machine.

Your 12 Minute Back Pain Solution

What To Expect

The Back2Life is designed for gentle, long term use. Although you may feel some relief right away, in most cases it will take a few weeks before you really start to feel the results. Remember, the back is a very delicate, sensitive collection of muscles and nerves and vertebrae. You can't expect to do cartwheels after one treatment, but this gentle motion is going to get you results gradually, safely, and easily. And what makes the Back2Life so special, is that you just lie there and even though it may not feel like it's working right away, after a few weeks you're going to wake up one morning and suddenly feel better. **IT REALLY DOES WORK.**

Information For My Physician

A lot of users like to run the Back2Life machine by their own physician before they begin use. We think that is a great idea and feel confident your back pain specialist will be excited about adding Back2Life sessions into your pain relief program. The easiest way to explain the Back2Life machine is to send your physician directly to www.GetBack2Life.com where they can see the machine in action, hear Dr. Darrow talk about **Continuous Passive Motion** and view the other experts and user testimonials. OR, bring your physician this book!

Frequency of Usage

The Back2Life is designed for gentle, long term use. You can use the machine as often as you like. Although you may feel some relief right away, in most cases it will take a few weeks before you really start to feel the results…it depends on the intensity of your back pain.

Contraindications

Back2Life is a safe and effective machine that has helped back pain sufferers throughout Europe and abroad for years. It is prudent, however, to consult your physician prior to using Back2Life.

Do not use Back2Life in the following cases:

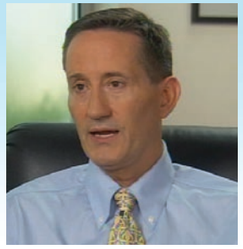
- If you've had back surgery, including spinal fusion in the last year, or thigh surgery in the last six months.
- If you suffer from Listhesis - spinal misalignment of grade II or above.
- In cases where there is central pressure on the spinal cord with the following symptoms: poor balance, urinary problems and numbness in both legs.
- If you are pregnant.

In the following cases you must consult a qualified physician before using Back2Life:

- If you are suffering from low back pain with evidence of underlying disease or abnormalities (e.g. malignancy)
- If your back pain is induced by a recognized, suspected or impending fracture.
- If you suffer from any form of developing or new neurological deficit (drop foot, bladder dysfunction, etc.

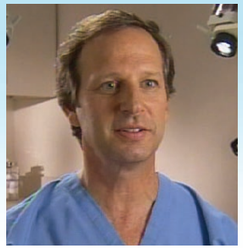
What the Experts are Saying

As an osteopath using manipulation, what I'm usually trying to do is restore motion. The restricted motion leads to extra spasm which leads to pain, so I'm trying to restore the motion. The Back2Life restores motion, it's a constant motion machine. The vast majority of the time, acute back pain is muscular. In back strain, the Back2-Life would move the muscle passively which ***helps reduce swelling, which helps reduce spasm, therefore helping to reduce the pain****. What I'm absolutely confident about is that this is safe and that people should gain flexibility, pain relief and mobility and return to their lives.* ***So I'm sure that it is safe and I'm sure that a lot of people are going to benefit from this machine.*** **--Dr. Stephen Steele**



Dr. Stephen Steele, *D.O. FAOASM*
Doctor of Osteopathy

When your lower back hurts, everything hurts. When your lower back hurts, every move you make or do reminds you of how bad that pain is. Typically when there is a problem in the spine, muscles around that area will automatically lock up and if there is pressure there, there will be pain constantly. The pressure has to be released from the spinal canal. When using the Back2Life product, there is a back and forth oval motion and the pelvic cavity is lifted up and then down in a very gentle motion and this will help stretch the muscles in the lower back and will relieve the pressure on the lower lumbar discs that has been built up. The Back2Life product will give relief to any of these cases. ***All the patients that I have worked with we've noticed either fantastic results down to very good results from the use of this product.*** **--Dr. Peter Ziegler**



Dr. Peter Ziegler, *D.C.*
Back Pain Specialist

I probably evaluate 10 to 12 patients per day, just with low back injuries. ***This product is going to work for 90 plus percent of the patients that come in with low back pain****. It's easy to use and really safe and effective.* **--Chris Baker**

Chris Baker
Sports Pain Therapist

Dr. Darrow's Back Care Solutions

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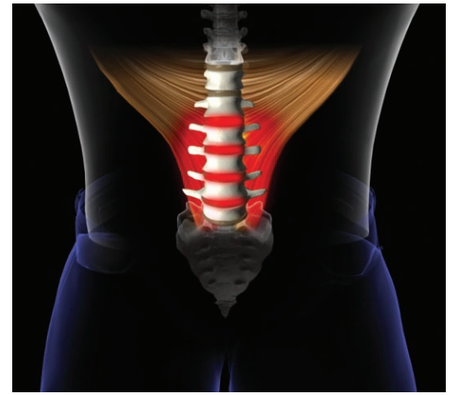
When a new back pain patient comes through my door, they want one thing and they want it as quickly as possible - pain relief. And as much as I understand their desire for immediate relief, I'm more interested in providing them with **lasting** relief.

You see, I look at back pain differently than most; I try to get to the root of the problem. I try to find the source of the pain… to identify the **specific** causes of the pain, be it improper lifting or bending, poor shoe choice or posture issues. So, instead of masking symptoms with pain medications (which over the course of time lose their effectiveness, resulting in the need for higher and higher dosages) or recommending expensive and often unsuccessful surgery to eliminate pain, I focus on finding out what is **causing** the back pain and seek to reverse or eliminate that core problem.

So when addressing back pain, I find the Back2Life machine can be used to release pressure between vertebrae and restore flexibility to the spine, but I also think it's important to examine lifestyle and day-to-day habits to identify what may cause the constant or recurring pain. Sometimes it's a complicated medical issue, but more often than not, it is as simple as wearing high heels too often, carrying a handbag that is too heavy, sitting incorrectly at a desk or sitting incorrectly in the car. When these "back pain causes" are revealed and then eliminated, back pain becomes less and less frequent and often disappears altogether.



In the following section you'll find simple solutions to a few of the most common causes of back pain.

Important Information about Back Care

Proper Posture

Improving your posture can have long lasting benefits in relieving back pain. Poor posture is a major contributor to back pain. Slouching in your chair, hunching your shoulders, along with the way you walk, stand and run has a huge effect on the muscles and alignment of your back. Proper posture begins at your feet. Without proper foot support it's difficult to have proper posture. So, to improve posture…

1.) Wear comfortable shoes with quality support.

2.) Pull in your abdomen and square your shoulders.

3.) Be correctly balanced by equally distributing your weight on both feet.

Using these steps and becoming aware of your posture will not only result in a better appearance, but will tremendously reduce strain on back muscles.

Shoe Support

Shoe inserts are an effective solution for many patients with lower back problems. Poor shoe support is one of the major causes of back pain. Whether you stand for prolonged periods, walk a lot over the course of the day or bang your heels when you walk, quality shoe inserts protect your back, knees and ankles by reducing unnecessary impact. The layer of cushioning offers additional shock absorption for your spinal column as well as proper support and alignment for feet, hips and knees. To purchase quality inserts, go to **www.getback2life.com/relatedproducts.**

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Proper Lifting

Whenever you are going to pick something up, whether it is a nickel or a 40 pound box, the single most important thing to do is to plan ahead.

Think before you bend! For example, when a pencil rolls off the table, your natural instinct is to just lean over side ways and pick it up. You might continue talking and not even pay attention to where the pencil is exactly. This act could go just as planned, but what if you were to lose your balance, what if you were to miscalculate the distance to the pencil and wind up twisting and over extending your spine? You could wind up in a lot of unnecessary pain that would've been easily avoided with a little planning.

Plan the pick up! Observe exactly where the item is and make a plan for where it is going to go once you've picked it up. If it's a heavy item, clear a path to its destination so you're not making any awkward movements while holding the item.

So take a minute to pause and create your lifting plan…then use the following steps.

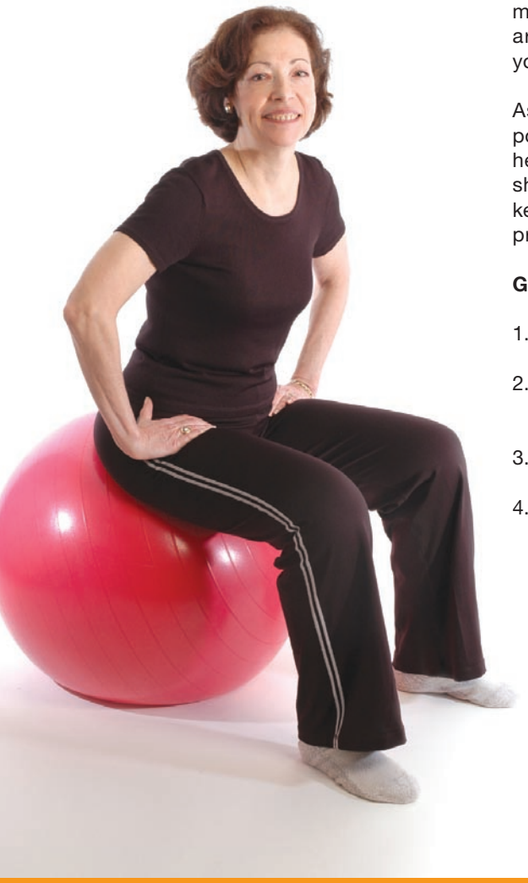
1.) Lift close to your body.
You will be a stronger, and more stable lifter if the object is held close to your body rather than at the end of your reach. Make sure you have a firm hold on the object before you start lifting.

2.) Keep feet shoulder width apart.
Holding your feet either too close together or too far apart makes you unstable and hinders movement.

3.) Bend your knees, not your back!
Lower to the ground by bending at the knee and keeping your back straight. As you lift, lift with your leg muscles and focus on keeping your spine straight.

And remember…it's just as easy to hurt your back picking up a feather as it is a coffee table. So, plan the pick up and use proper lifting technique!

Important Information about Back Care



Supplements

There are several supplements that can help to support a healthy back. Omega-3 Fish Oils, Vitamin C and Glucosamine are three that are often recommended. This combination provides anti-inflammatory properties, improves the body's ability to repair tissue and promotes joint mobility.

Moderate Exercise

Another important factor in relieving back pain is moderate exercise and stretching. A regular routine will build and strengthen back muscles and result in better posture. When you build the muscles around your spine, you take a lot of the load bearing pressure off of your spinal column…your muscles do the work!

As your physical condition improves, so will your posture. As your posture improves, back pain will decrease. Regular exercise can also help keep you more aware of your posture, reminding you to keep your shoulders back and your stomach in. The use of shoe inserts that keep your feet properly aligned also serves as a reminder to maintain proper posture.

Great, Low Impact Exercise Choices

1.) Walk short distances.

2.) Stretch and do flexibility exercises.
(Gentle Yoga is great)

3.) A stationary bicycle.

4.) Swim.

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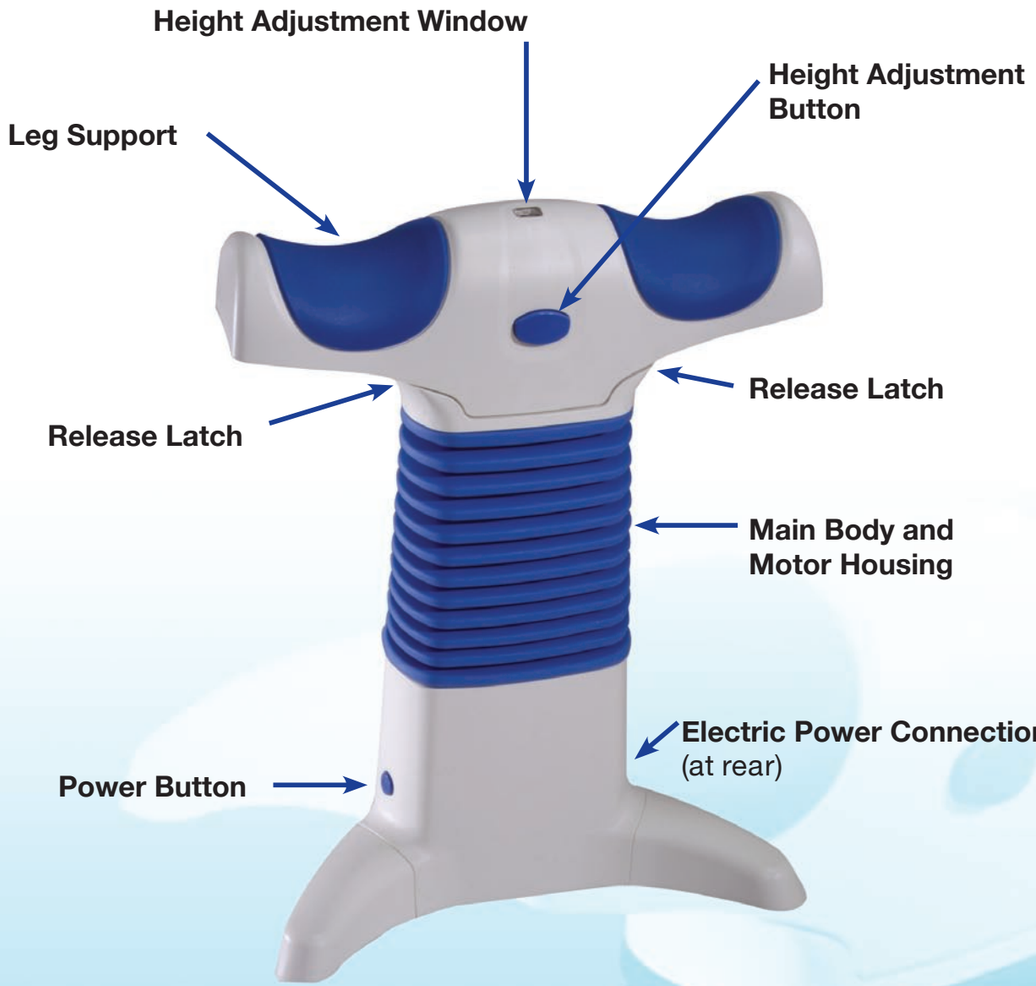
Ergonomic Products

According to the National Institutes of Health, the use of ergonomic products "can greatly reduce the risk of back injury and help maintain a healthy back."

Specific, ergonomically designed chairs, desks, car seat supports and tools can provide the proper support and positioning to reduce lower back pain. From office chairs to tool belts, you really need to take a look at your day to day potential "Back Pain Culprits" and replace them with ergonomically designed solutions.

In Closing

So take a look at your day to day habits and practices and try to pinpoint your "Back Pain Culprits," because doing this, combined with your Back2Life session, will surely set you on the path to pain free living! That's why we call it…Back2Life. **Because using Back2Life can really give you back your life!**



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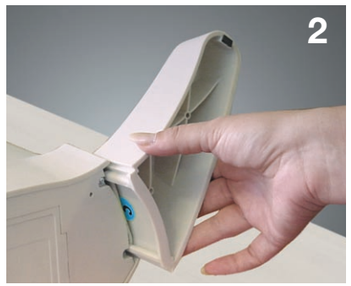
Putting the Machine Together

1.) Lay Back2Life's main body on the floor with the height adjustment button facing you.



2.) Insert the right leg, with the blue R on it, into the right hand slot, which also has an R on it. Then slide the leg upwards in the slot. Press firmly until it snaps into place. Do the same for the left leg.

3.) Place Back2Life's main body standing on a firm surface with the height adjustment button facing you.

4.) Hold the leg rest with the high adjustment window facing you. On the bottom of the leg rest you will see 4 pins. Insert the 2 pins furthest from you into the 2 rear slots on the main body. Then press the leg rest firmly downwards and towards you until you hear a click. The height adjustment button should click into its slot. (Once the leg rest is assembled, do not try to remove it from the main body.)

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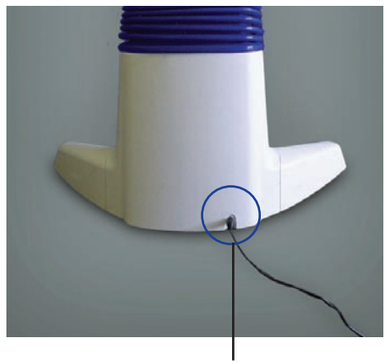
Determining the Correct Height

To set the Back2Life to your appropriate height, push the big button in the front and hold it in as you adjust up or down for your height. If your height falls between two heights, round upward to the next height available. Then, let the button go.


Electricity Inlet

Electricity

First, attach the power cord from the power supply to Back2Life's electrical power connection. Then, plug the power supply in the electrical outlet. To avoid a shock hazard, it is important to make the electrical attachments in this order only!

Getting Ready for Your Session

Set aside 20 minutes in a quiet, relaxing spot. Wear comfortable, loose fitting clothes. Remove all belts and any items that may be in your pockets.

Proper Positioning on the Machine

(A) Slowly sit on the floor and straddle the unit with your pillow arranged behind you.

(B) Place your legs onto the blue leg support pads, then lay back onto your pillow and get comfortable.

- ✔ Double check that you are in the right position!!
- ✔ Make sure the unit is snug right up to your bottom for optimum results.
- ✔ Make sure the back of your knees are resting on the blue leg support pads.

(C) Reach your left arm around and turn on the unit.

Lie Back and Relax!

Lie back and let the **Continuous Passive Motion** gently relax and ease those tight muscles as it slowly releases the pressure on your vertebrae. The more you relax, the better your results will be!! So enjoy your 12 minutes of relaxing back therapy.

By the end of your session, you should be feeling very relaxed. Take your legs down off of the unit and remain on your back for about 2 minutes. When ready…gently roll to your side, then onto your knees, then back up to standing position.

A

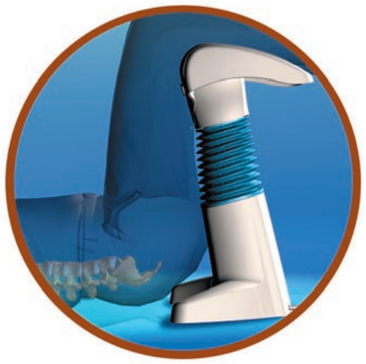
B

C

Your 12 Minute Back Pain Solution

PAY ATTENTION!

Watch the instructional DVD provided with the unit or view it at www.GetBack2Life.com/HowItWorks.



1. The proper height adjustment is very important to the operation of the Back2Life! The height gauge is an indicator only. Raise height of your Back2Life until your pelvis is very slightly raised and your legs are at right angles to the floor.
2. Use Back2Life for a full 12 minute cycle. It can take that long before your muscles start to relax and you feel movement in the lower spine. Try to use Back2Life twice a day. Use it more often and gain greater relief of back pain.
3. You may feel slight discomfort when you start using Back2Life. Regular use will generally overcome this initial discomfort and promote long-term relief. However, if you continue to experience discomfort, stop using the product and consult with your health care provider.
4. If you feel you need extra stretching and more intensive movement, try using ankle weights of up to 2.5 lb. Alternatively, you can increase the height adjustment by an extra 2 inches.

Important Safeguards

1. As with all electrical devices, avoid contact with water or humidity. Do not use the Back2Life in a wet or humid environment. Do not place or use the device in a bathroom, near a swimming pool or other standing water.
2. To avoid heat damage to the Back2Life, keep away from fire or heat sources, including space heaters, heat lamps, lighted smoking articles, or open flames.
3. Do not spray the Back2Life with cleaning fluids and take special care to avoid contact with fluids containing acids.
4. The electric cable, voltage regulator, and plug may only be replaced with original parts. A faulty connection or use of incompatible parts can result in electrical shock and damage to the unit.

For Accelerated Results

There are 3 things that you can do to increase the speed and effectiveness of your Back2Life.

1.) Add Resistance Weight

2.) Increase the Height of the Machine

3.) Increase the Duration and Number of Sessions

Add Resistance Weight

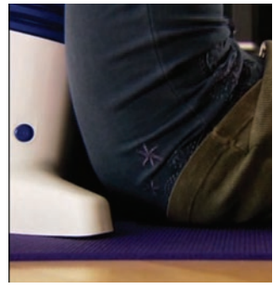
The most effective way to increase the results of the Back2Life is for you to place a small bit of resistance on your legs. This is particularly important to do if you are tall or you're carrying a few extra pounds. This additional weight allows the machine to create more motion in the muscles and open up the vertebrae a little bit more. Simply use a set of ordinary ankle weights, available at any sporting goods store or at getback2life.com. You can actually feel the difference as you use the Back2Life, and you should get faster and better results.

Increase the Height of the Machine

Raising the machine to a height higher than you are using will change the angle of motion and actually increase the amount of stretching and movement in your lower back. This technique involves you more, so it's not as relaxing, but if you want to help accelerate your results, this technique should do it.

For people 6' 3" and over, if you are at the maximum height already and you feel that after a few weeks of using the machine, you still feel that you need to stretch out your muscles even further, try raising the machine off of the floor in some way (e.g. yoga blocks or yellow pages.)

Increase the Duration and Number of Sessions

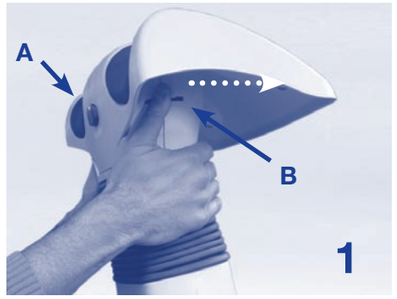


There is absolutely no reason why, once the timer stops on your session, that you can't hit the start button and go again. If you have years of back pain built up, it's going to take a little while to loosen up those muscles and get them flexible and healthy again. You can use the machine as often as you like. Use a comfortable but thin mat to lie down on.

Disassembling Back2Life

In order to disassemble Back2Life, place it on a firm surface with the height adjustment button (A) facing you, and do the following:

1. Press both release latches (B) forward (away from you) simultaneously.



2. Then press the height adjustment button (A) with one hand and push the leg rest forward with the other hand.

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NOTES

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